

Name	200	1600-SFC	GFU-1 mi.	Place	2 mile	Split	3 mile	Split	4k Place	5k Finish	Total +/-
Megan		6:23	6:22	<b>33</b>	12:39	6:17/ -5	18:50	6:11/ -11	<b>22</b>	19:28	-16"
Nicole		6:43	6:27	<b>36</b>	13:13	6:46/ +19	20:00	6:47/ +20	<b>35</b>	20:41	+39"
Tori		7:13	6:31	<b>43</b>	13:37	7:06/ +35	20:50	7:13/ +42	<b>42</b>	21:33	+1:17
Jen		6:40	6:31	<b>42</b>	13:44	7:13/ +42	21:19	7:35/ +1:04	<b>43</b>	22:09	+1:46
Alexis			7:16	<b>57</b>	15:42	8.26/ +1:10	23:48	8:06/ +52	<b>55</b>	24:35	+2:02

	Place	Position +/-		SMU	SFC - 5k+
Megan	<b>6</b>	-27	40" LPR	20:18	21:35
Nicole	<b>29</b>	-7	30" LPR	22:02	22:45
Tori	<b>41</b>	-2	1:03 SPR	22:36	23:53
Jen	<b>47</b>	+5	Cold	21:26	23:18
Alexis	<b>55</b>	-2		NT	NT

Name	200 place	1600-SFC	GFU-1 mi.	Place	2 mile	Split	Place	3 mile	Split	Place
Lead pack			4:57/5:00	<b>12th</b>	10:16		<b>9th</b>	15:32		<b>3rd</b>
Frank		5:12	5:14	<b>37</b>	10:30	5:16/ +2	<b>20</b>	15:42	5:12/ -2	<b>11</b>
Nate		5:07	5:14	<b>39</b>	10:30	5:16/ +2	<b>21</b>	15:42	5:12/ -2	<b>12</b>
Josiah		5:14	5:14	<b>35</b>	10:25	5:11/ -3	<b>17</b>	15:39	5:14/ 0	<b>8</b>
Alex		5:20	5:20	<b>46</b>	10:46	5:26/ +6	<b>34</b>	16:17	5:31/ +11	<b>25</b>
Jasper		5:19	5:20	<b>48</b>	10:47	5:27/ +7	<b>37</b>	16:31	5:44/ +24	<b>32</b>
Mitch		5:26	5:24	<b>52</b>	10:59	5:35/ +11	<b>44</b>	16:47	5:48/ +24	<b>41</b>
Josh		NT-DNR	5:24	<b>53</b>	11:10	5:46/ +22	<b>53</b>	17:07	5:57/ +33	<b>50</b>

	4 mile	Split	6k place	8k time	Split	Total +/-	Place	Position +/-		SMU	8k - SFC
Lead pack			<b>1st</b>	25:47			<b>2nd</b>	-11			
Frank	20:45	5:03/ -11	<b>4</b>	25:45	5:00/-14	-25	<b>1</b>	-36	48" LPR	26:48	26:33
Nate	20:45	5:03/ -11	<b>5</b>	25:57	5:12/ -2	-13	<b>4</b>	-35	9" LPR	26:49	27:11
Josiah	21:02	5:23/+9	<b>9</b>	26:24	5:22/ +8	+14	<b>9</b>	-26	25" LPR	26:51	28:47
Alex	21:52	5:35/ +15	<b>24</b>	27:31	5:39/ +19	+51	<b>23</b>	-23	19" SPR	27:50	28:33
Jasper	22:24	5:53/ +33	<b>34</b>	28:10	5:46/ +26	+1:30	<b>35</b>	-13	16" LPR	28:45	29:12
Mitch	22:36	5:49/ +25	<b>41</b>	28:26	5:50/ +26	+1:26	<b>41</b>	-11	1:08 SPR	29:34	30:52
Josh	23:00	5:53/ +29	<b>48</b>	28:55	5:55/ +31	+1:55	<b>47</b>	-6	1:12 LPR	30:07	NT